

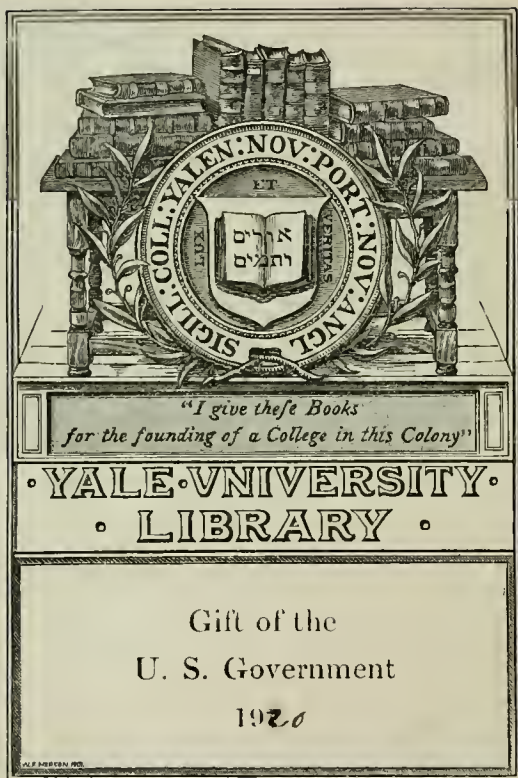
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FIGHTING VENEREAL DISEASES

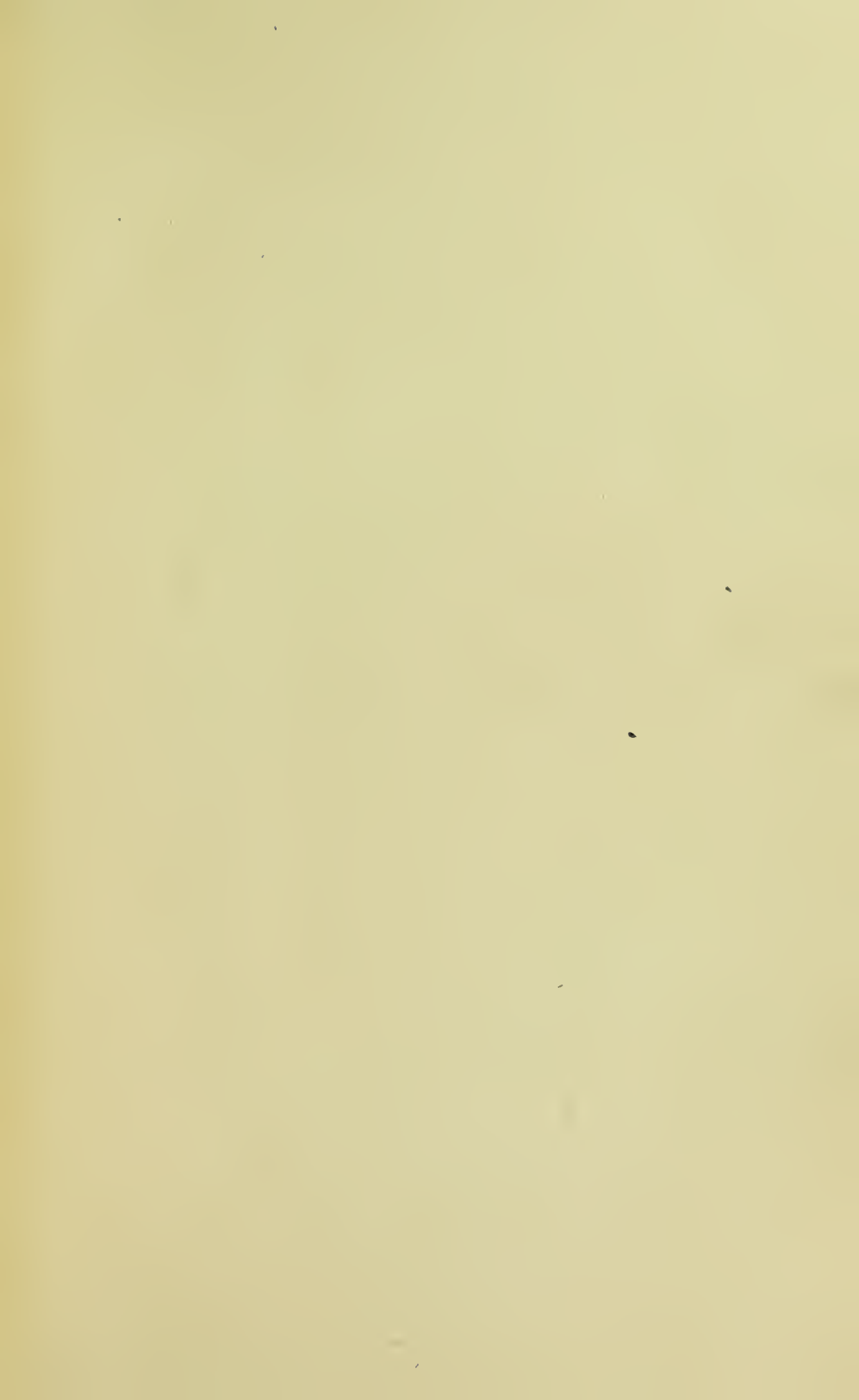
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WASHINGTON, D. C.



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FIGHTING VENEREAL DISEASES

Gonorrhea and syphilis constitute the most urgent, vital health problem confronting the country to-day. From time immemorial these diseases have been the scourge of mankind, flourishing in the darkness of ignorance and striking inexorably the innocent and helpless as well as the guilty. Now they must be exposed to the cleansing light of universal knowledge.

—*Rupert Blue*
Surgeon General
U. S. Public Health Service



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PART I.

Men's Responsibility for Venereal Diseases.

THE civilized world has shown its abhorrence of the wanton ravage of innocents. Against the iron and steel militarism which could decree the starving and sinking and burning and rape of unoffending noncombatant villagers, patient peasant mothers, harmless children and helpless old men, the civilized human family has risen in wrath.

Ravage of Innocents Must Stop.

But the ravage of innocents is not ended. In the villages and cities of our own country there remain destroyers of women and children whose toll of victims in the long years of peace is greater and more terrible than the victims of German madness. These enemies of civilization are the venereal diseases—gonorrhea and syphilis.

The germs of syphilis are small—so small that they can be seen only through the microscope—but they are none the less dangerous and treacherous in their attack. They attack not only those men and women guilty of immoral sexual relations. Such people are largely responsible for the spread of syphilis, but its *victims* are often blameless wives and helpless children. It invades the home, and is carried from the husband to the wife and other members of the family. An innocent woman or child may be betrayed to the enemy by a kiss. Syphilis is often very hard to detect, even when it is transmissible, and a husband may expose his wife entirely against his wishes and without the knowledge of either one of them. If uncured, it enters the blood stream of man, woman, or child, and there intrenches itself for an attack on the vital organs years later.

Then it may cause repulsive ulcers and eat away the bone and flesh. It may attack nerve centers and the brain, causing locomotor ataxia, paralysis, paresis (softening of the brain), and insanity. Sometimes in the earlier stages when most readily cured it is least visible and apparent. A germ enemy intrenched in the nation's blood is worse than a human enemy intrenched on the nation's borders.

But terrible as are the effects of uncured syphilis transferred to an innocent wife, the most devastating ravage of this arch disease enemy is its transmission from the mother to the child before birth. In this way it takes a tremendous secret toll of human life in the form of miscarriages and stillbirths. Worse still, children with syphilis in their blood come into the world to lead a brief, miserable existence. Those that survive go through life with permanent handicaps. Others fill our homes for the dependent and insane. Are the ravages of Belgian women and children more terrible than this? Wounds on the battlefields do not carry physical poison to the wife and the children at home.

Gonorrhea, the other venereal disease enemy, nearly always attacks the human body by invading the walls and tube passages of the male and female reproductive organs. Direct blows at the vitality of the race are thus delivered. In both man and woman it may cause in a variety of ways, sterility, or inability to have children. Transmissible mainly by sexual relations, it is often passed unknowingly to wives. It is as if an enemy should place secret agents especially to attack pregnant women. It causes miscarriages, operations, chronic invalidism among women whose strength is of such vital importance for the proper care of children. In man, if uncured, it may lead to stricture, rheumatism, and serious organic trouble. As treacherous as syphilis, it may lie dormant for months and years to spring up again and be passed unknowingly to another person, as for instance, from the mother's body to the baby's eyes at birth.¹

¹ Gonorrheal blindness in newborn babies may be prevented if the physician will use a certain solution at birth.

Gonorrhea, innocently acquired through contact with infected persons or articles, often occurs among little girls. With these victims the disease is cruelly persistent and hard to cure.

As secret and treacherous and heartless are these enemies as is the submarine.

The Casualty List.

We do not see the wounded victims nor do the newspapers display the casualty lists of the dead from these ravagers. But the casualties are there, hidden among the death notices, and many more unrecorded victims destroyed before birth or dead at birth. The wounded victims fill to the doors our institutions for the insane, the blind, and helpless. These are real casualties, people dead, bodies wounded, minds destroyed—not heroic victims adorned with gold chevrons, but victims as innocent as the refugees of France and Belgium! *In our homes, hospitals, and public institutions this year there will be more injured and killed victims of these diseases than the United States lost during the entire war in France.*

Allies of the Enemy.

There are, among us, human allies of this enemy of America's civilization. The quack doctors and the vendors of patent medicines who prey upon their victims with "quick" cures that do not really cure, the person with one of the diseases who exposes another, the man or woman who directly or indirectly promotes the business of commercialized prostitution—such persons are giving aid and comfort to the foes of American civilization.

So, too, he who whispers to the youth that gonorrhea is no worse than a bad cold, or spreads the lie that there is a sex necessity for unmarried youth that must be gratified by sex intercourse, is an agent of insidious enemy propaganda. And the people who suppress all publication of facts and warnings regarding the enemy diseases are unwitting dupes, betraying the cause of healthy manhood and womanhood.

The Program of Attack.

Against these ravagers of the innocent and their allies America is at open and relentless war. Begun for the protection of the young men in the Army, this war is now being prosecuted by the public health authorities of Nation and State for the protection of the whole citizenship. Years of patient study have developed a means of recognition and effective cure. The military authorities showed that these diseases are not an unconquerable foe.

There will be no peace conference with the plenipotentiaries of disease. There is now organized not only a defensive campaign of cure but a great health offensive of prevention by suppressing prostitution and promoting education reinforced by recreation. State by State, city by city, village by village, from Maine to California, a united front of citizens is being built up who will fight the war to a glorious finish. American public opinion is mobilized against syphilis and gonorrhea.

Medical Measures.

The medical profession is a vital part of the fighting force against venereal diseases. Every victim, whether innocent or guilty, is a potential carrier of the poison to others. All means, therefore, must be used to extend free, prompt, and scientific treatment to all who need it. A prompt cure, moreover, cuts off the disease in its infectious stages, saving others as well as the victim from the severe consequence of a relapse and the final stages.

Clinics, free to venereal patients in every center of population, will extend prompt and accessible treatment to infected or exposed persons. These are being established rapidly by State boards of health and the United States Public Health Service. Local communities must cooperate in their establishment and support.

Many hospitals and physicians have, in the past, turned away venereal patients. They are now offering their facilities to help in treating these dangerous carriers.

Physicians are being required to report venereal diseases to health boards. This will give an indication, for the first time, of the casualties due to the enemy. It will also enable health authorities to quarantine those who refuse to take precautions to protect their fellow beings.

Good treatment must be offered free; poor, unscientific treatment that gives only a false cure must be suppressed. The best druggists of the country have agreed not to sell patent medicines for self-treatment or to prescribe for these diseases. Newspapers and other advertising media are refusing to advertise quack doctors and quack remedies. Prompt and thorough medical treatment for all victims will greatly reduce the danger to innocent mothers and children.

Education.

In every modern war much attention has been paid to the spreading of information about the enemy. Telling the truth about the venereal enemy to the American people will help greatly to win the war. Venereal diseases maintain themselves largely on public ignorance. State boards of health and the Public Health Service have prepared pamphlets, exhibits, motion pictures, newspaper advertisements, through which they are carrying the educational offensive to individuals and groups throughout the country.

Every mature man and boy in the United States must be taught the truth about his sexual nature. He should learn that continence before marriage is entirely compatible with health and that promiscuous sexual intercourse is a constant danger to health, because practically all loose women are carriers of venereal diseases. He should learn the very serious consequences of venereal diseases to his own body and the danger of passing them on to his future wife and children.

Women and mature girls should learn of the havoc wrought by gonorrhea and syphilis.

All parents should know the facts of sex hygiene and physiology necessary for instructing their own children

and for imparting to them the ideals of a chivalrous spirit, clean mind and body—a sure protection against venereal diseases.

Law Enforcement.

The supply of prostitutes must also be reduced, as far as possible, by strict law enforcement. This means the absolute closing of any segregated districts that have survived the war and the effective policing and supervising of streets, cafés, rooming houses, dance halls, amusement parks, for-hire autos, and road houses, in order that prostitute women will lose their means of getting customers. Prostitution, made an unprofitable business, will decrease in volume.

Many unfortunate women after being arrested and sentenced will want to return to the old life as soon as they are released. A percentage of these are feeble-minded, others are beyond reclamation. They must therefore be confined permanently in institutions. At large, they are voluntary carriers of venereal disease. Other unfortunates can be reclaimed to a decent life by having their health restored, and by being taught a useful occupation. By arresting and detaining all prostitutes, by keeping the feeble-minded and hardened prostitutes permanently isolated from society, by turning back wayward girls prepared to live a decent life, the supply of commercial prostitutes can be reduced to a minimum and the most prolific cause of the spread of the diseases largely removed.

Recreation.

A most valuable aid to these three lines of public health attack is sound, healthful recreation for all young people. The ages when boys and girls commit their first sex offenses are the 'teens and early twenties. These are also the ages when girls and boys alike are in need of exciting recreation. Vice promoters employ for their own ends this craving for companionship, excitement, color, adventure, and romance and entice their victims by appealing to their normal desires. It is a miserable, sordid, and tawdry

kind of recreation they give, leaving the venereal enemy in its wake—but it is recreation. Excitement, adventure, romance, and companionship, however, can now be furnished by communities in a wholesome, healthful way. Such recreation forms an effective attack on the venereal diseases.

The Combined Attack.

In attacking our European enemy we brought to bear every possible agency—airplanes, artillery, engineering, hospitals, gas, industry, shipping, propaganda, full man and woman power. We did not stop to argue about the comparative value of ammunition and hospitals. We needed both and used both.

In this health war, too, we can not profitably stop to argue whether motion pictures or clinics or playgrounds or detention homes are the most effective means of reducing the venereal enemy. We must use all available means. It is an emergency. It is war.

Every day we delay the construction of homes sufficient to care for feeble-minded prostitutes, every day we delay the establishment of venereal clinics or the proper education of boys and men in sex hygiene, the syphilis and gonorrhea germs are being carried into another home, blinding the eyes or poisoning the blood of more babies.

All are needed in the citizen army. Civic organizations and clubs, physicians, teachers, lawyers, ministers, nurses, mayors, police chiefs, prosecutors, judges, councilmen are needed in the fight to make the American family safe for future generations.

The Parents' Part.

The most important preventive against vice and venereal disease is the proper education of children with regard to sex. Your part as parents in this campaign, then, is to instruct your own boy and girl. You can not exempt yourself from this responsibility.

Do you think that while the neighbor's children may need some such information, your own children will never

have any such need? It is no longer possible for you to choose whether your child will learn about sex or not. The only question you have to decide is whether he or she will learn from you or some one else. If there ever was any justification for the hope that a boy or girl could grow up entirely innocent of all knowledge of sex matters, that hope is forever gone. For better or for worse, the prudery and the silence connected with love, passion, temptation, marriage and vice are being replaced by an abundance of discussion and interpretation in literature, drama, especially in the "movies." From these sources—or from the much worse and unreliable gossip of companions, advertisements of quack doctors and patent medicines—your boy and girl will receive their sex information unless you yourself offer them something better and truer.

You would, furthermore, by your very silence and evasion of the subject be giving the wrong kind of sex education. You would be indicating unmistakably to your child that sex is something nasty or vulgar and not to be discussed with you. You are cutting off his confidence on this most important problem and condemning him to secret and unreliable channels.

It is not natural for your children to be uninterested in the vivid drama of the renewal of life they see about them. *Only an abnormally dull child fails to be curious about such things.* If your child remains silent about these matters or fails to ask any questions, in nine cases out of ten it is getting information from other people. If you have refused to answer your child's natural questions about these matters, you can be assured that these same questions are asked and answered from sources of which you would be ashamed.

Evidence of the Need of Information.

Do you think that only the children with abnormal surroundings—the children that are seen in juvenile courts, jails, and detention homes—are in need of sex instruction? Testimony taken from men coming from homes above the average and selected by our educational system as intelli-

gent enough for a college education, show the same need convincingly. An inquiry was made among approximately 1,000 such college men in representative institutions of the East, Middle West, and West. The replies were manifestly sincere. While students may be no better morally than men outside college, they are not below the average. Furthermore, there is evidence to show that the replies understate rather than overstate the prevalence of sexual practices. In other words, conditions are probably as bad as, if not worse than, the conditions indicated by their statements. The conclusions from this study are as follows:

(1) A large majority of boys get their first permanent impressions about sex from improper sources before the age of 12. The average age is $9\frac{1}{2}$ years. Many testify to the unfortunate effect of these early impressions received from older boys and undesirable sources. One man writes: "The effect was decidedly bad. It gave me a sense of bewilderment and a wrong idea of the workings of nature." Another says: "The effect was decidedly harmful. What I learned was so different from my ideas of human reproduction that I had formed from the myths told me by my parents that I lost my respect for them." *Many of these men expressed bitterness against their parents for having failed to give them clean, helpful information.*

(2) The ideas received from improper sources have often led to some form of sexual practice, most often between the ages of 12 and 15 years.

(3) Instruction in the past, when given at all, generally has been about four to six years too late. When it has been given by parent or teacher it has been helpful, even though crude and meager. One young man writes: "It served as a starting point to keep me in the right direction." Another says: "It had a good influence. Instead of picking up distorted knowledge, I got the facts from someone I could believe." And another: "It gave me a deep sense of responsibility for the protection of womankind."

Although no such extensive study has been made regarding the influence on young girls of miseducation, such information as has been gathered shows that more harm results through ignorance than most fathers and mothers would be willing to believe. There is evidence that if the girl grows up and leaves a well-protected home in complete ignorance of the normal facts of sex life—of sexual relations, prostitution and venereal diseases—she is more in danger of serious shock upon learning these facts than if they were presented gradually and naturally in the confidences between mother and daughter.

Public health officers, who are constantly coming into touch with the victims of vice and disease, substantiate this testimony as to the imperative need for sex instruction of boys and girls. Some of the cases coming into their venereal clinics are mere children whose acts in contracting the disease can be ascribed only to their pitiable ignorance—for which their elders, not they, are responsible.

Your Responsibility.

Sex education includes the study of the whole process of reproduction and the nurture of children, the meaning of marriage, prostitution, venereal diseases, illegitimacy, and the hygiene of sound recreation. These can not be taught at any one time or place. The cooperation of the homes, the churches, the schools, the press, clubs, and societies in your community is necessary.

But you as parent must always be the most important and effective adviser of your children in sex matters. Your home is the natural place for satisfying their early curiosity, directing their adolescent energy and building up habits of self-control. Indeed, all that other agencies can do to give your children accurate knowledge and a wholesome point of view will be nullified if you fail to do your part.

Your Preparation.

The first and principal requirement of you as parent in teaching your children the facts of sex is that you be truth-

ful. The principal defect of mothers and fathers in the past has been that they have not told the plain truth, that they have practiced deceit of one kind or another and lost forever the confidence of their children. To keep the line of communication open between you and your children through all their youthful struggles is the best guarantee that they will be properly informed. But you destroy this easy approach if you fail to be honest with them when they come to you.

In the second place it is necessary that you have the right attitude yourself on the subject of the relation of the sexes. If you think of sex as something vulgar and nasty you will be very likely to pass on this dangerous viewpoint to torment another generation. From the very first the child should be made to feel the sacredness of parenthood. He will naturally think of it in this way if you do not interpose a foolish embarrassment or taboo. To know about sex truly is to realize that it is intimately connected with the mental, physical, and moral welfare of the individual and the race, and that it is a subject full of purity, nobleness, and health. Do not pass on to your daughter the prudery and repressed feelings which will result in needless worry and misunderstanding for her years later when she marries. This frankness in the home will not prevent you from teaching your child that it is perfectly proper to discuss with you many things about which it is improper to speak to others.

In the third place it may be necessary to prepare yourself by reading some reliable book or pamphlets on the subject. *Do not underestimate your own ability, however.* The average adult knows enough facts to satisfy the child's curiosity in every essential way. It is not necessary to know the facts of biology as an expert or to have a medical knowledge of venereal diseases. The simple truths you know are what the child needs. Do not mystify the child by using words he can not understand. Plain, simple language should be used here as in everything else you explain to him. The mystery of the process of the re-

newal of life itself is sufficient to give the subject dignity without additional use of allegorical words.

Some books on the subject are not reliable and parents should be careful about the ones they choose. In general, it may be said that the pamphlets now being issued by the State boards of health are more satisfactory than most books. Many of the best libraries, however, are now issuing circulars giving the titles of the most reliable books on the sex problem.

Instruction of the Child Before Puberty.

Your task in the instruction of the child before he reaches the age of puberty is a comparatively simple but very important one. Puberty is the period when bodily sexual development is especially noticeable. It begins with girls at about 11 to 13 years of age, and in boys at about 13 to 15 years. Before this time your chief problem is answering questions.

As early as 6 or 7 the child seems transformed into a human question mark. Here is the beginning of sex education. *Curiosity at this period about the origin of life is nothing special or morbid.* It is a part of the child's general interest in all the things around him that move and change and grow. The way to have him think least about sexual matters is to answer his questions about them. If his question is unanswered or he is told that he should not think about such things his curiosity will be heightened and be directed into morbid and unwholesome channels. Answering the question does satisfy his curiosity, at least for the time being. It directs his thinking into wholesome channels and creates confidence in his parents. Such confidence is of greatest importance in his whole later development when the sex impulse asserts itself more strongly. Curiosity and interest are aroused by unknown and forbidden things, not the things a child knows and is familiar with.

It is impossible to forecast the child's questions or to give an accurate schedule of just what the child should

know at a certain age. The environment of both boys and girls varies so widely that no general rule applies. The safest guide in giving information during the early years is your children's questions themselves.

All the questions will not be asked at once, nor should all possible questions be answered at once. Neither is it likely that the child will absorb all the information at one time. It is often the experience of parents that children ask about some of the essential facts a number of times before they remember them. These repeated questions are a sign of a healthy and normal attitude on the part of the child.

The questions may come at intervals of weeks, months, or even years. The arrival of a new brother or sister in his own or a neighbor's family may occasion the simple question, "Where does the baby come from?" or some variation of it. Animal pets are nearly always bound to raise puzzling questions in the child's mind as to the renewal of life.

If the question comes unexpectedly it may be necessary to postpone an answer to a more appropriate time or in order that the parent may get more information. But this should be done in the same way that any other question is postponed. In this way the child's confidence will not be lost. Never should the question be evaded or made the subject of amusement.

Some parents are afraid that the truthful answer to questions will lead to discussion of many intimate details. This is not necessary. It does not take much detail to satisfy the child's immediate curiosity.

If a child asks no questions at all, because he has the idea that it is in some way improper to mention such matters, or has had his curiosity satisfied from other sources, you should make an opening for the discussion of the necessary aspects of the subject. In spring the observation of a bird's nest with eggs can easily lead to the story of the mating of birds and the protection of the eggs in the nest by the mother. The story of fertilization and repro-

duction can be told with the simple illustration from such a flower as the sweet pea, which plainly reveals the pollen dust and seeds.

Every bit of information about the normal side of sex that is given your child during this period before puberty is so much gain. Later, during adolescence, when your boy or girl is undergoing new personal experiences and acquiring new sensitiveness, it is much harder to give this information.

You may have the problem of giving correct sex information after you have already deceived your children with the fable about the stork, or turned them away without satisfying their innocent inquiries. Your only possible course in such case is to inform the child that the stork story is a fable similar to many other childhood myths which one believes for a while and then is disillusioned. After that, proceed to establish confidence by telling the truth.

During the years before puberty, when the opportunities offer, you should warn your boy and girl against handling the sex organs except for the purpose of cleansing them. In the case of your boy you should see that the sex organ is kept free from irritating substances beneath the fore-skin. Circumcision may be necessary to decrease the irritation and assist him in keeping clean.

Adolescence.

As your child approaches adolescence, which begins at the time of puberty, questions become less frequent. If confidence has been firmly established it is likely that much valuable information will have been imparted by answering questions in a simple, natural way. But it will probably be necessary for you to give information voluntarily about the important sex changes taking place.

Your boy and girl should understand that the new sensations and impulses that come to them at this time are indications that their bodies are being prepared for the duties and responsibilities of motherhood and fatherhood.

Your boy should understand that seminal emissions at night generally begin at about 15 or 16, that they are normal and that no attention need be paid to them unless the occurrence is oftener than two or three times a month. He should also understand that the external sex glands manufacture a secretion which is absorbed by the blood, thus contributing greatly to the vigor of manhood. Boys should not be frightened by exaggerated statements regarding the effect of self-abuse, but they should understand that such a habit interferes with the development of the manly qualities they are all ambitious to possess. The prevalent idea that it is healthy to exercise the sex organs should be corrected. The common sense and idealism of a life of continence before marriage can be emphasized at this time.

It is highly important that girls, before their bodies show signs of change, should be told about menstruation. Make your daughter understand that this is a normal function; that she will have no pain and practically no discomfort if her body is healthy, her muscles firm and well developed, her blood and digestion as they should be. During early adolescence, if it has not been done before, explain to her the reproductive system and the method of reproduction. It is in such explanations that the girl learns once and for all the danger of illegitimacy connected with irregular sexual intercourse.

Pamphlets for boys and girls may be obtained from the most progressive boards of health; safe books for them may be obtained at the best libraries.

As your boy associates more and more with his companions and men outside the home, he has a right to some definite knowledge of venereal diseases. When the girl enters industrial or business life or is subjected to the dangers of questionable companions, she should also be told of the seriousness of these diseases. Here more than anywhere else you must regulate the amount and kind of information to suit the individual boy and girl. It is necessary that you have accurate knowledge of the seri-

ousness and prevalence of these diseases. The description of them as one of many contagious germ diseases is a convincing way of handling the matter with normal boys and girls. Girls should be guarded against the exaggerations which would lead them to believe that all men have exposed themselves to these dangerous diseases.

Indirect Training.

During middle adolescence (from 16 to 19 years of age) guidance becomes indirect. Direct instruction should not be repeatedly given; keep the youth's mind off the sex question. For your boy at this critical time the love of games and physical activities is able to produce interests and enthusiasms which diminish the temptations to wrongful sex activity. You should overlook no opportunity to encourage such natural athletic interests. You should encourage the eating of wholesome food and keeping the bowels in good working order. You should see to it that your boy has an abundance of exercise and fresh air, and from eight and one-half to ten hours' sleep depending on his age. You must insist upon habits of frequent bathing and general cleanliness. Although girls are not so universally enthusiastic for physical perfection at this period you should encourage as much as possible their physical development and participation in outdoor sports.

Your boy should also be encouraged in the development of interests in life—in the making of things, in the multitude of projects which keep him busy. With both boys and girls this is the time of opportunity to develop through literature high ideals of romantic love and earnest enthusiasms for unselfish endeavor. It is a time when the youth is interested in his future career, in reforming projects, in high adventure, and a time when he forms deep friendships. Participation in unselfish activities is a great safety-valve at this period.

In normal boy-and-girl life the developing sex life appears in an attraction for friends of the opposite sex. The manifestation known as "puppy love" must be guided

and directed, but it can never be successfully repressed. Boys and girls should be encouraged to mingle socially at frequent intervals at times and places at which adults can be present. The practice of familiarities between the sexes, known commonly as spooning, presents a problem for you. It is positively useless merely to say "Don't do it." The real harm and unfairness of such things should be pointed out clearly.

PART II.

Keeping Fit.

For Men and Boys.

Fitness—physical, mental, and moral—depends fundamentally on health. This means not only the avoidance of diseases and defects, but positive, abundant health—prime condition of mind and body. Every young man in America, to be worthy of the heritage left him by the heroes of the battlefield, should know the laws of physical and mental efficiency and live up to them. Keeping fit for America's task in the new world is the present obligation on every youth of the land.

To be really physically fit, it is not enough to be free from disabling defects. Many men were rejected from the Army simply because of "poor physique." You must be in good general condition all the time if you want to win out.

To achieve the maximum of physical and mental efficiency you must adopt five common-sense measures:

(1) The first of these is sufficient exercise of the right kind. Reading the sporting page, yelling in the grandstand, and watching the baseball bulletin boards may be enjoyable, but will never make a man vigorous. He must himself take daily exercise. Hiking, baseball, rowing and canoeing, skating in the open air, swimming, tennis, team games, general gymnasium work, boxing and wrestling where the air is fresh, are among the most beneficial forms of exercise. Any useful work using the big muscles actively is as good as sports.

Your daily exercise should be vigorous enough to cause you to perspire freely. This helps the body to throw off certain waste products which, if they are allowed to ac-

cumulate, will act as poisons. After exercising take a bath. A shower is better than a tub bath. A washbowl of any other contrivance is better than nothing. Warm water should be used first, then cold. The bath should be followed by a vigorous rub down with a coarse towel, the whole process taking no longer than 4 or 5 minutes. The bath and rub down should produce a healthy glow of the body and a general feeling of well-being.

(2) Second, sleep in the fresh air, work and exercise in the fresh air as much as possible, and be sure to have the indoor air kept fresh during the day. Fresh air is almost a cure-all. It is usually more valuable than any quantity of medicine.

(3) In the third place, you probably need at least eight hours' sleep every night. A man can get along on less, but he can not keep himself in the best possible physical and mental condition. Do not lie in bed after waking, but jump out, bathe, and dress immediately. Avoid soft mattresses, feather beds, and too much covering.

(4) Proper food is another requirement. The system needs not only the kind of food that is rich in nourishment, but vegetables and other coarser food to give bulk and stimulate the bowels. When this is not done, one becomes constipated and is likely to have headaches and general ill health. Regular movements of the bowels are aided by an abundance of exercise and by eating plenty of fruit and drinking plenty of pure water.

(5) Finally, if you are to gain maximum efficiency and retain it, it is important that you should understand the relationship of the reproductive, or sex organs, to the development of vigor. This needs to be carefully explained, because, while the facts are important, they are not generally understood.

Sex Health.

It would not be possible for a boy to achieve the full vigor of manhood were it not for the reproductive or sex organs. This fact may be made clear by referring to the activity of the various glands in the body. Everyone is

probably acquainted with the salivary glands, and the glands in the stomach which secrete the gastric juice. There are also glands which make secretions that are absorbed by the blood. One of these glands is called the thyroid. If a boy were seriously injured so as to necessitate the removal of the thyroid glands it would probably retard his development.

The testicles, which hang from the lower part of the body, are glands which, like the thyroid glands, secrete an exceedingly important substance. The blood absorbs this substance, or secretion, and carries it all through the body. It gives tone to the muscles, power to the brain, and strength to the nerves. It is what caused your voice to change, your shoulders to square out, your beard to start growing. It literally makes a man out of you.

For the above reasons it is of paramount importance to a man's efficiency and happiness that his sex organs be kept healthy.

Inside the body, near the bladder, are certain small glands which, when a boy reaches the age of 15, 16, or 17 (though it may be earlier or later), become filled with a fluid occasionally discharged in the night. These discharges are called seminal or nocturnal emissions, or "wet dreams." They are perfectly healthy experiences and happen to most healthy older boys and young men. A few healthy boys, however, never have them. Emissions may come two, three, or four times a month, or only once in two or three months. To prevent too frequent emissions, it is well not to lie on the back when sleeping, or to drink much water late in the evening. If you feel no ill effects after natural emissions, you need not and should not worry.

Some ignorant men or quack doctors may tell you that the sex organs must be used if they are to be kept healthy. *This is a lie.* Manhood is not lost by disuse of the sex organs. Real lost manhood is more often due to excessive sexual intercourse.

Famous boxers and wrestlers, explorers, and athletes who want their bodies in perfect condition for a great struggle, keep away from women as part of their train-

ing. Even the ancients recognized this in training their gladiators and athletes, and reputable doctors agree that sex indulgence is not necessary to health.

Control and Conservation of Manhood.

Overexercise of the sex glands may weaken a man. If a boy or man himself stimulates his sex organs it is called "self-abuse" or "masturbation." This practice does not make a man insane, and it does not produce pimples. Moreover, its effects do not appear unmistakably in the face, as some men and boys think. When practiced frequently for months and years, it may cause loss of energy and vigor, coldness toward persons of the opposite sex, and nervous disorder. When practiced only occasionally, its worst effects are loss of self-respect, fear of serious results, and a sense of defeat in being unable to conquer the habit. If a man or boy who abuses himself stops, nature comes to his rescue and aids him in recovering self-respect, courage, and any vigor he may have lost. If you are tempted to abuse yourself, or have acquired the habit, you can cure yourself by athletics, fun, and your own self-respect and will power. Going to a prostitute instead does not really break the habit. It makes matters worse. Masturbation should be stopped because it is a selfish, stupid vice calling for neither intelligence or character. The strong, self-respecting person will take himself in hand and overcome it.

Thinking about or looking at things which excite the sex feelings makes it difficult to control the sex organs, just as looking at food makes the mouth water, or thinking of a sorrow may bring tears to the eyes. Liquor makes it easy to lose control of the thoughts and hard to resist temptation, and it makes the body more liable to disease. That is one reason why the Government prohibits liquor to soldiers. While it is not always possible to prevent these things from coming to your attention, it is possible, by using will power, to direct the attention away from these harmful influences and center it on wholesome subjects. You can learn the trick of switch-

ing the thoughts away quickly from suggestive subjects to athletics, school work, or some "hobby" or other. A man who is "thinking below the belt" can not be 100 per cent efficient. The mind should not be made a cesspool, but a reservoir which is not to be contaminated.

The Nature of Sex.

Sex accounts for the differences and attractions in mind as well as in body between men and women. The ways a person behaves in relation to such matters are called his sex habits. A man's sex habits have much to do with his health and efficiency.

All that is best in modern life and civilization has grown mainly out of the sex impulses. Hunger and sex are the two great driving forces in the world. The hunger motives have given rise to our economic or self-seeking life; the sex or love motives have given rise to the spiritual and social aspects of life, aspects which find their highest satisfaction in the happiness and service of others. Human affection, which is the finest and often the most powerful motive in life, is the highest product of sex in the world. That is why defiling of the affections so completely destroys character and manhood. With sex destroyed or debauched we should lose nearly all that is beautiful in art, poetry, music, and literature—for courtship, marriage, fatherhood, motherhood, birth, true family life, and all our most generous impulses are due to sex.

The sex instinct may be either a destroying scourge or a great blessing. If it be abused, inefficiency and suffering may result for the man and his wife and children. If it be understood and controlled, it is a source of strength and of richer and fuller life.

The nature of the sex instinct may be understood by comparing it with other forces of nature. Fire is a great blessing to mankind. By means of it machinery is made to perform gigantic tasks. It warms our houses and cooks our food. The warmth and glow of a camp fire is a source of great pleasure to campers. When fire is controlled it is a valuable aid to man, but when it gets beyond control it may cause ruin.

The water above a dam becomes a source of power when directed into the turbines which run dynamos. If it be merely held back by the dam, it may accumulate and cause a break, resulting in a flood. To be useful it must not only be held back, it must also be directed into the turbines. So sex energy must be controlled and directed. In entering into manhood you may need the full power of your will to keep your sex desires from leading you into practices that weaken and destroy yourself and others. But you will be helped most by cultivating healthful sex interests and turning your powers of mind and body into athletics, work, study, art, music, religion—any constructive social activity. A man thoroughly absorbed in his work for others or in training for a career of community usefulness has no time or desire to bother with smut or vice.

Relationships with Girls.

Think of all girls as the future mothers of the race, and understand that one of their most important functions in life is to become the mothers of healthy children who will make useful citizens. A nation, as well as a man, may well be judged by its attitude toward women.

The man who is fair will treat every girl as he expects others to treat his own sister. There is no finer thing than the friendship of a true woman and a true man.

The man who seeks wine and loose women is taking a big chance. Far from being strong, he is weak. The man who does so, needlessly exposes to danger the body and mind. He is disloyal to his own best self.

In an accident at sea, when everyone is anxious to reach the lifeboats, the rule for all men is, "women and children first." If a man rushes in ahead of them, he is looked upon as a coward. It is even more important for men to protect girls and women from other dangers, especially from those dangers which threaten to ruin their lives. We fought to preserve our homes from autocracy and rapine. Let us see to it they are protected also from internal enemies of disease and disgrace. If we were

ready to die to protect our homes, we should surely live in such a way as to safeguard them.

Every man who has any principle believes in fair play. He despises cheating. If you are for the "square deal," you will adopt for your own life the same standard you expect of the woman you are to marry some day. The chain of human beings reaches into the infinite past and forward into the infinite future. But one false step may infect your racial stock and blight the lives of generations to come, or even cut you off entirely from your share of posterity. If a man keeps his body in good condition and lives a clean life his descendants will thank him for a vigorous and untainted heritage. The spark of life is to be accepted as a sacred trust to be transmitted undimmed to future generations.

PART III.

Specific Facts Regarding Venereal Diseases.

The Government wants every man in the United States to know about venereal diseases (gonorrhea and syphilis) and how to avoid them.

Gonorrhea.

Gonorrhea in a man always causes temporary illness and, if uncured, may cause permanent sickness, inability to have children, and serious surgical operations.

Gonorrhea is also called clap, a dose, running range, gleet (name given to an old case of gonorrhea), and chordee (painful erections).

It is caused by little germs (gonococci) which get into the penis. The first sign a man has is usually a burning pain in the penis when passing water. This happens about 3 to 10 days after the man has gone with a diseased woman. A day or two later a thick yellow discharge (pus) comes from the penis. Every drop of this pus contains thousands of gonorrhea germs and is very dangerous. If a small drop gets into the eyes it may cause total blindness.

If gonorrhea is not treated early the germs may spread directly to the other sex organs and to the bladder and kidneys, causing acute pain. Sometimes a surgical operation is necessary. Gonorrhea germs may cause the inside of the tube of the penis gradually to pull together and finally may close entirely, so that a man can not pass water. This is called stricture. It can be cured only by a surgical operation. The germs may spread into the blood and attack the joints, causing painful rheumatism. They may attack the heart and other vital organs, occasionally causing death. Neglected gonorrhea is sometimes absolutely incurable.

Gonorrhea, frequently given to the wife by the husband, is even more serious in its effect on women than upon men.

The gonorrhea germs, once lodged in the female, may attack any or all of her sexual organs. A large part of the many serious operations performed on women each year are caused by these germs. Often these operations make women unable to have children. Many infected wives lose their health and become half-invalids for life.

The germs lodged in the woman's sex organs often get into her child's eyes at the time of birth and may cause total blindness. A solution put into the baby's eyes by the doctor directly after birth will prevent this. But gonorrhea still causes a great many cases of infant blindness.

Other innocent victims of gonorrhea are little girls who become infected from accidental contact with various contaminated objects.

Syphilis.

Syphilis is caused by germs which are carried in the blood through the whole body. When uncured, it causes marked degeneration of the body—insanity, paralysis, or death.

Syphilis is also called pox, lues, hard chancre, old r  le, blood poison. The germs causing syphilis may get into the blood through the tender lining of the penis or a break in the skin so small that it can not be seen with the naked eye. The first sign of syphilis is a small red spot, pimple or ulcer called a chancre (pronounced "shanker"). It usually appears from two to eight weeks after going with a loose woman who has the disease. Sometimes a chancre is so small and so slightly inflamed that a man pays no attention to it. Any small sore on or near the penis should be carefully watched by a doctor. Later the disease shows itself again by skin rashes, mouth and throat sores, swollen glands, headaches, bone pains, fever. All of these signs may appear at one time or only one or two of them at any time. If uncured the final stage may appear at any time from one to 20 years after the early, active stages. Syph-

ilis may attack any organ of the body and thus cause paresis (softening of the brain), other forms of insanity, locomotor ataxia, other forms of paralysis, early apoplexy, blindness, deafness, kidney, liver or heart disease, deformities of bones and joints, and destroying ulcers.

A man having syphilis is likely to give it to his wife and she may pass it on to her children before or after birth.

Syphilis takes the same course in women as in men, entering the blood stream and attacking any part of the body. Syphilis germs passed by the mother to the child before birth (hereditary syphilis) have a terrible effect. They kill many infants before birth and bring others into the world already diseased, who die soon afterwards or go through life with serious handicaps. Syphilis in this way causes many children to be born dead and many infant deaths. Many children with syphilis have to be sent to hospitals and asylums.

Syphilis may safely be rated as the third most deadly disease in the world today. It causes many deaths hidden by other names.

Other Diseases.

Chancroid and other sex complaints are serious, but not so dangerous or hard to cure as syphilis or gonorrhea.

Chancroid is also called soft chancre. It is a contagious germ disease. The germs do not get into the blood, but the disease may eat away the flesh and cause ulcers and buboes (blue balls). The soft chancre is a sore on or near the penis, and it may hide a syphilitic chancre.

Other complaints of the generative organs, such as varicocele, hydrocele, and pediculosis (crabs), are not germ diseases, and can be cured by a physician.

Treatment.

Syphilis and gonorrhea can be cured if treatment is begun promptly and is followed carefully and faithfully for a long period.

A man who thinks he has caught either syphilis or gonorrhea should not waste a day in going to a reliable doctor

or an official clinic. If he has either disease, prompt treatment will help greatly to obtain a complete cure. The first stages of both diseases are often very mild. Gonorrhea may seem "no worse than a bad cold." The chancre and skin rashes of syphilis may disappear without any treatment at all. But these diseases are treacherous. They disappear often to come back later in a more serious form.

It is also very important that a man should keep up treatment until his doctor tells him he is really cured.

Syphilis in its early stages is highly catching. A man having it must be careful to use only his own brushes, towels, pipes, razors, and similar articles, and not let others use them without first boiling them. If a man with syphilitic mouth sores kisses anyone he may by so doing give the disease. All discharges of gonorrhea are highly catching. A small drop at the end of the penis often found when getting up in the morning after the first discharge has stopped is dangerous. Sexual intercourse during the active stages of either disease is highly dangerous.

No man who has ever had gonorrhea or syphilis should marry until a reliable doctor has made a thorough examination to be sure there is no danger of giving the disease to his future wife and children.

Few men knowingly or willingly give these diseases to their wives. But many women catch them from husbands who think they are cured. If a man is unwilling to have such an examination the father or brother or bride herself should demand it.

Other Information.

People who think they have venereal disease or sex complaints should always go to a reliable doctor or to a clinic. Quacks, museums, patent medicines, and self-treatment are not only dangerous but cost more money in the end.

Self-treatment or "quick cures" do not destroy the germs of venereal diseases. Instead of curing the victim they make him liable to a very serious return of the dis-

ease later. *Quacks and men who are their own doctors have fools for their patients.*

Advertising physicians (quacks) will make a young man think he is sick even if he is not, in order to get a fee. The family doctor, a clinic physician, or the State board of health can tell a man the truth and save him his money.

Blindness, sores, invalidism, and female operations are often due to causes other than syphilis and gonorrhea. Syphilis and gonorrhea are not always due to immoral relations.

Accusations should not be made regarding anyone who appears to be suffering from the effects of venereal diseases. The man with pimples all over his face probably has some common skin disease, not syphilis. Many women have operations from causes other than gonorrhea.

The actual victims of venereal diseases should not be thought of as outcasts or criminals. They may be entirely innocent. Venereal diseases are *diseases* not *crimes*.

Most prostitutes and loose women have either syphilis or gonorrhea or both.

Prostitutes are the chief carriers of these diseases, because both diseases are spread mainly through sex intercourse. That is why they are called venereal or sex diseases. A loose woman is sure to get the germs of one or both diseases sooner or later.

Of the hundreds of loose girls and women examined by public health authorities, three-fourths or more have had one or both venereal diseases at the time they were examined.

The Safe Way.

Prostitution can not be made safe. The only way to keep from getting gonorrhea or syphilis is to keep away from all loose women and prostitutes.

Some ignorant men want medical examinations for prostitutes in segregated districts. To be sure that a girl does not have a venereal disease, a doctor must make

an examination lasting several days. Then the girl may get the germs five minutes after she is examined. No prostitute in any city or State of the country can have a medical certificate that is worth the paper it is printed on.

Some men believe that a clean girl can be picked by her looks. Syphilis and gonorrhea in the catching stages do not show on the surface. These diseases are even harder to detect in women than in men. A girl may have the germs for months and not know it herself. No immoral girl is "safe."

The washes, ointments, and injections used to prevent disease after exposure help reduce the chances of getting them, but they can't be absolutely depended upon.

A man may keep from sex intercourse without hurting himself.

Man's sex organs, testicles and penis, do not grow weak if they are not used. The testicles are not muscles that grow by use, but glands that do not need activity to keep them in working order. Overuse and venereal disease germs, not leaving women alone, cause "lost manhood."

Athletic trainers insist that their men keep from all sex activity (that they be continent) in order that they may be in the best physical and nervous shape for important contests. Polar explorers have been months away from women and at these times have performed some of the greatest feats of endurance.

The man who believes and talks about the necessity of sex intercourse for unmarried men is a back number.

The sexual organs, if left alone, assist a young man in gaining strength and vigor.

The testicles secrete a substance which is absorbed into the blood and carried through the body, giving added strength to the nerves and power to the brain and muscles.

Continence (keeping from irregular sexual intercourse) is not always easy for many young men; but it may be made easier by proper mental and physical habits.

The misuse of sex functions by irregular intercourse or masturbation undermines self-respect, takes the edge off

mental and physical vigor, wastes nervous force, and uses up imaginative power. Venereal disease may be caught and wreck the whole machinery of the body and mind, and destroy all possibility of a happy marriage and healthy children.

Increasing thousands of men in this country are proving that continence is both practicable and highly desirable.

The man who wants to keep control of himself needs as much outdoor work and vigorous play, games, and walks as possible. The bodily machine must be kept regularly in good working order by plenty of baths, good food and water, lots of sleep and fresh air, and regular bowel movements. This physical activity absorbs in a useful way the energy that otherwise seeks an outlet in harmful sex activity.

An active, busy mind has no time to bother with smut and vice. Thinking or looking at things which excite the sex feelings makes it harder to keep from sexual indulgence.

The craving for companionship, especially the companionship of girls and women, should be satisfied. The man who keeps away from all girls usually has a harder fight against sex temptation than the man who seeks friends among girls of the kind he wants later to marry and whom he treats in a courteous and manly way. A young man's plan for marriage will often help to keep him straight when nothing else would.

Strong will power is needed, with all these helps, to meet the temptations that occur in the fullest and healthiest of lives.

The right use of sex helps greatly to promote vigor and happiness; the misuse of sex brings misery and disease.

Books on Sex Education.

Approved by the following committee:

RUPERT BLUE, Surgeon General, United States Public Health Service.

PHILANDER P. CLAXTON, Commissioner, United States Bureau of Education.

CHARLES W. ELIOT, President Emeritus, Harvard University.

For Parents of Children 6-12 years.

How Shall I Tell My Child? Mrs. Woodallen Chapman.

This book gives the exact words successfully used by parents in instructing their children. New York: Revell. 1912. 30 cents.

The Way Life Begins. Bertha C. Cady and Vernon M. Cady.

An illustrated book for teachers and parents, giving the facts of reproduction in plant, animal, and human life. New York: American Social Hygiene Association. 1917. \$1.25.

The Renewal of Life. Margaret W. Morley.

A popular explanation of reproduction in plants and animals. Chicago: McClurg. 1909. \$1.25.

The Mother's Reply. Nellie M. Smith.

A book of instruction for little children of both sexes. It may be given to girls 10 to 12 years of age. New York: American Social Hygiene Association. 1916. 10 cents.

For Boys 11-14 years.

Life's Beginning. Winfield S. Hall, M. D.

The story of reproduction in plants and animals with a few pages on "The Secret of Manhood." Boys who begin to develop at 13 or earlier should be given one of the books below. New York: Association Press. 1913. 25 cents.

For Boys 13-18 years.

Keeping in Condition. H. H. Moore

This book deals with sex hygiene as a part of a well-rounded program of physical training for all older boys. New York: Macmillan. 1915. 75 cents. Published also by the Association Press, New York. 50 cents.

From Youth Into Manhood. Winfield S. Hall, M. D.

A helpful book which presents in a wholesome manner the facts of sex which are important for boys to understand. New York: Association Press. 1909. 50 cents.

For Girls 12-16 years.

The Three Gifts of Life. Nellie M. Smith.

A book giving the facts of reproduction on a biological basis and a girl's responsibility for race progress. New York: Dodd, Mead. 1913. 60 cents.

Life Problems. Winfield S. Hall, M. D.

The story of a girl in a well-protected home whose parents advise her regarding the care of her body and her relations with her boy friends. Chicago: American Medical Association. 1913. 20 cents.

For Young Men.

Reproduction and Sexual Hygiene. Winfield S. Hall, M. D.

A book dealing with biology and thoroughly explaining the physiology and hygiene of sex for young men. New York: Association Press. 1908. \$1.00.

The Rational Sex Life for Men. M. J. Exner, M. D.

An appeal for the single standard with wise advice regarding the control of the sex instinct. New York: Association Press. 1914. 50 cents.

For Young Women.

The Three Gifts of Life. Nellie M. Smith.

A book giving the facts of reproduction on a biological basis and a girl's responsibility for race progress. New York: Dodd, Mead. 1913. 60 cents.

For Girls and the Mothers of Girls. Mary G. Hood, M. D.

A straightforward book presenting the facts of life for girls and their mothers in simple language. New York: Bobbs-Merrill. 1914. \$1.25.

For Engaged and Married People.

Engagement and Marriage. Orrin G. Cocks.

A sensible book for married people and those soon to marry. New York: Association Press. 1913. 25 cents.

For Teachers, Social Workers, Parents, and

Students of Social Hygiene.

Sex Education. Maurice A. Bigelow.

A study of the entire field of sex education, showing its need and scope. New York: Macmillan. 1916. \$1.25.

Problems and Principles of Sex Education. M. J. Exner, M. D.

A study of statements from 948 college men with reference to their sex experiences in boyhood. New York: Association Press. 10 cents.

The Social Emergency. Edited by William T. Foster.

An excellent book on various phases of social hygiene for the general reader. Boston: Houghton, Mifflin. 1914. \$1.35.

A New Conscience and an Ancient Evil. Jane Addams.

A statement of the causes of the social evil with a plea for the education and protection of children. New York: Macmillan. 1914. 50 cents.

Toward Racial Health. Norah March.

An explanation of how the child may be prepared for the problems of sex. New York: Dutton. 1915. \$1.25.

The Biology of Sex. T. W. Galloway.

A useful book for teachers. Explains the need for sex instruction and gives suggestions regarding time and manner of instruction. New York: Heath. 1915. 75 cents.

The Third Great Plague. J. H. Stokes.

A discussion of syphilis made interesting for the general reader. It takes up the medical, social, and public-health aspects. Philadelphia: W. B. Saunders & Co. 1917. \$1.25.

THESE BOOKS MAY BE SECURED FROM MANY LIBRARIES.

Pamphlets.

Write For Free Pamphlets Listed Below

SET A.—For young men.

SET B.—For the general public.

SET C.—For boys.

SET D.—For parents.

SET E.—For girls and young women.

SET F.—For educators.

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The United States Public Health Service,

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